What is claimed is:

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- 1. Exchanger panel between two airflows comprising a layered structure formed of parallel leaves separated from one another by ribbings arranged alternately in two directions inclined to each other with the ribbings arranged in accordance with one of said two directions being designed to carry a first airflow between the sheets and the ribbings arranged in the other of said two directions being designed to carry a second airflow between the sheets so that heat is transferred between the two airflows through said sheets.
 - 2. Exchanger panel in accordance with claim 1 characterized in that the sheets are permeable to humidity to transfer it between the flows.
- 15 3. Exchanger panel in accordance with claim 1 characterized in that the sheets are of cardboard.
 - 4. Exchanger panel in accordance with claim 3 characterized in that the cardboard is impregnated with resin for its stiffening.
- 20 5. Exchanger panel in accordance with claim 1 characterized in that the ribbings between facing sheets are realized by means of a continuous undulated wall extending zigzag between the two sheets.
 - 6. Exchanger panel in accordance with claim 1 characterized in that the ribbings are of cardboard.
 - 7. Exchanger panel in accordance with claim 6 characterized in that the cardboard is impregnated with resin for stiffening thereof.
 - 8. Exchanger panel in accordance with claim 1

characterized in that said two directions are at right angles to one another.

- 9. Exchanger panel in accordance with claim 1 characterized in that said two directions are at right angles to respective panel end sidewalls which are for input or output of said airflows.
- 10. Exchanger panel in accordance with claim 1 characterized in that the ribbings are glued between the sheets.
- 10 11. System for air exchange between the interior and the exterior of a room in which suction means convey a first airflow from the exterior to the interior of the room and a second airflow from the interior to the exterior of the room characterized in that along the path of the two 15 airflows it comprises an exchanger panel which comprises in turn layered structure а formed of parallel ribbings separated by arranged alternately in two directions inclined to each other with the ribbings arranged in one of said two directions being designed to carry the first airflow between the sheets and the ribbings 20 arranged in the other of said two directions being designed to carry the second airflow between the sheets so as to exchange heat through the sheets.
- 12. System in accordance with claim 11 characterized in 25 that the sheets are permeable to humidity to transfer it between the flows.
 - 13. System in accordance with claim 11 characterized in that the panel sheets are of cardboard.
 - 14. System in accordance with claim 12 characterized in

that the cardboard is impregnated with resin for its stiffening.

15. System in accordance with claim 11 characterized in that the ribbings between facing sheets are realized by means of a continuous undulated wall extending zigzag between the two sheets.

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- 16. System in accordance with claim 11 characterized in that the ribbings are of cardboard.
- 17. System in accordance with claim 15 characterized in 10 that the cardboard is impregnated with resin for its stiffening.
 - 18. System in accordance with claim 11 characterized in that said two directions are at right angles to each other.
- 19. System in accordance with claim 11 characterized in that said two directions are at a right angle to respective panel end sidewalls which are for input or output of said airflows therein.